

# I'm Counting!

## Estimated Calorie Needs Per Day for Children, Adults and Seniors

Population	Age (Years)	Gender	* Avg. Calorie Intake
Children	3 – 10	female, male	1,400 – 1,800
Adolescents	11 – 17	female	1,800 – 2,000
Adolescents	11 – 17	male	2,000 – 2,800
Adults	18 – 60	female	1,800 – 2,000
Adults	18 – 60	male	2,400 – 2,800
Seniors	61 – 76+	female	1,600 – 1,800
Seniors	61 – 76+	male	2,000 – 2,200



\*PLEASE NOTE: The estimated calorie needs per day in the table are based on individuals who have "Moderately Active" lifestyles. For individuals who are "Sedentary," the average calorie intake would be -200 from the estimates in the table. For individuals who are "Active," the average calorie intake would be +200 from the estimates in the table.

Dietary Guidelines for Americans, 2010 – [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)



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Eat. Think. Be.  
**Healthy**





# Eat. Think. Be Healthy.

## Start Early!

Introduce fruits, vegetables, whole grains and lean meats into the daily eating habits of children early. It is important for their normal growth and development.

Here are a few ideas on how to make healthy eating a success:

**ROLE MODELING:** Set a good example by eating fruits and vegetables daily.

**COOKING AND EATING TOGETHER:** Eat family meals at home to create healthy patterns of eating.

**AVAILABILITY AND ACCESSIBILITY:** Put fruits and vegetables in easy to reach places.

## Keep Going!

Balance calories with physical activity to maintain a healthy weight. Once you know what the right amount of calories for you are, learn to live within that limit.

Here are a few ideas on how to eat healthy:

**THE BASICS:** Add at least one fruit, vegetable, whole grain or lean meat into every meal and snack.

**THE TYPES:** Eat red, orange and dark-green vegetables in main and side dishes.

**FOR FUN:** Eat fruit, vegetables or unsalted nuts as snacks!

## Never Stop!

In order for older adults to maintain their independence, it is key that their nutritional needs are met and that participation in a regular physical activity is taking place.

Here are a few ideas on how to maintain healthy eating:

**FRUITS & VEGETABLES:** Eat at least 1 ½ cups of fruit daily, and eat at least 2 cups of vegetables daily.

**PROTEIN:** Try protein choices such as beans, fish and green peas.

**COOKING:** Bake, broil or grill meats rather than fry them.

## Activate!

Here are a few great ways to keep children active:

**AEROBIC ACTIVITY:** Bicycle Riding, Football and Soccer

**MUSCLE-STRENGTHENING ACTIVITY:** Climbing and Resistance Exercises like Sit-Ups

**BONE-STRENGTHENING ACTIVITY:** Basketball, Jumping Rope and Running

## Move Forward!

Here are a few ways to keep active:

**AEROBIC ACTIVITY:** Spinning and Swimming

**MUSCLE-STRENGTHENING ACTIVITY:** Hiking and Weight Lifting

**BONE-STRENGTHENING ACTIVITY:** Jogging and Volleyball

## Keep Youthful!

Here are a few ways to remain active:

**AEROBIC ACTIVITY:** Brisk Walking and Gardening

**MUSCLE-STRENGTHENING ACTIVITY:** Use Your Own Body Weight to do Leg and Toe Raises

**BONE-STRENGTHENING ACTIVITY:** Stretching, Pilates and Yoga

